Duloch

Prepared: 14/Nov/26 02:22:13

Monday

Morning

Hatha Yoga	9:30am - 10:15am	Duloch
Rise Gymnastics Tots	10:00am - 10:45am	Duloch
Walking Football	10:00am - 11:00am	Duloch
Active Stability	10:00am - 11:00am	Duloch
Active Stability	10:00am - 11:00am	Duloch
Qi Gong	10:30am - 11:15am	Duloch
Active Circuit	10:30am - 11:15am	Duloch
Active Circuit	10:30am - 11:15am	Duloch
Rise Gymnastics Tots	10:45am - 11:30am	Duloch
49ers - Short Tennis	11:00am - 12:30pm	Duloch

Afternoon

49ers - Short Tennis	11:00am - 12:30pm	Duloch
Active Circuit	12:00pm - 12:45pm	Duloch
Active Circuit	12:00pm - 12:45pm	Duloch
Active Circuit	1:00pm - 1:45pm	Duloch
Active Circuit	1:00pm - 1:45pm	Duloch
Rise Gymnastics Discover	1:30pm - 2:15pm	Duloch
Active Strength and Balance	2:00pm - 2:45pm	Duloch
Active Strength and Balance	2:00pm - 2:45pm	Duloch
Rise Gymnastics Discover	2:15pm - 3:00pm	Duloch
Pickleball Social	4:00pm - 5:30pm	Duloch
Body Conditioning	5:15pm - 5:45pm	Duloch

Pickleball Social	5:30pm - 7:00pm	Duloch

Evening

Pickleball Social	5:30pm - 7:00pm	Duloch
Step Level 2	6:00pm - 6:45pm	Duloch
Pilates	7:00pm - 7:45pm	Duloch

Tuesday

Morning

Body Conditioning	9:30am - 10:15am	Duloch
Tot Kickers	10:15am - 11:00am	Duloch
Rise Gymnastics Tots	10:15am - 11:00am	Duloch
Pilates	10:30am - 11:15am	Duloch
Rise Gymnastics Tots	11:00am - 11:45am	Duloch
Active Strength and Balance	11:30am - 11:15am	Duloch
Active Strength and Balance	11:30am - 11:15am	Duloch

Afternoon

Rise Gymnastics Tots	1:00pm - 1:45pm	Duloch
Junior Football	1:00pm - 1:45pm	Duloch
Rise Gymnastics Discover	1:45pm - 2:30pm	Duloch
Junior Football	4:45pm - 5:45pm	Duloch

Evening

Big Ball Class	6:00pm - 6:45pm	Duloch
Pilates	7:00pm - 7:45pm	Duloch

Wednesday

Morning

Core, Strength & Balance	9:30am - 10:15am	Duloch
49ers - Badminton	10:00am - 11:30am	Duloch
Active Circuit	10:30am - 11:15am	Duloch
Active Circuit	10:30am - 11:15am	Duloch

Active Circuit	11:30am - 12:15pm	Duloch
Active Circuit	11:30am - 12:15pm	Duloch
Afternoon		
Active Circuit	11:30am - 12:15pm	Duloch
Active Circuit	11:30am - 12:15pm	Duloch
Active Strength and Balance	12:30pm - 1:15pm	Duloch
Active Strength and Balance	12:30pm - 1:15pm	Duloch
Active Strength and Balance	1:30pm - 2:15pm	Duloch
Active Strength and Balance	1:30pm - 2:15pm	Duloch
Rise Gymnastics Discover	2:15pm - 3:00pm	Duloch
Freestyle Dance	3:30pm - 4:30pm	Duloch
Freestyle Dance	3:30pm - 4:30pm	Duloch
Freestyle Dance	3:30pm - 4:30pm	Duloch
Pound	5:15pm - 5:45pm	Duloch
Evening		
Vinyasa Express	6:00pm - 6:30pm	Duloch
Spiral Flow	6:35pm - 7:20pm	Duloch
Step Level 1	7:30pm - 8:15pm	Duloch

Thursday

Morning		
Walking Football	9:00am - 10:00am	Duloch
Body Blitz	9:30am - 10:15am	Duloch
Active Circuit	10:30am - 11:15am	Duloch
Active Circuit	10:30am - 11:15am	Duloch
Active Circuit	10:45am - 11:30am	Duloch
Active Circuit	10:45am - 11:30am	Duloch
Active Strength and Balance	11:30am - 12:15pm	Duloch
Active Strength and Balance	11:30am - 12:15pm	Duloch

Afternoon		
Active Strength and Balance	11:30am - 12:15pm	Duloch
Active Strength and Balance	11:30am - 12:15pm	Duloch
Pickleball Social	4:00pm - 5:30pm	Duloch
Evening		
Step Level 1	6:00pm - 6:45pm	Duloch
Hatha Yoga	7:00pm - 7:45pm	Duloch

Friday

Morning		
Body Conditioning	9:30am - 10:15am	Duloch
Pilates	10:30am - 11:15am	Duloch
Afternoon		
Active Strength and Balance	1:30pm - 2:15pm	Duloch
Active Strength and Balance	1:30pm - 2:15pm	Duloch
Musical Theatre Fitness	5:15pm - 6:00pm	Duloch
Evening		

Saturday

Morning		
Zumba	9:45am - 10:30am	Duloch
Junior Football	11:00am - 12:00pm	Duloch
Afternoon		
Evening		

Sunday

Morning		
Body Conditioning	10:00am - 10:45am	Duloch
Sit and Be Fit	11:00am - 11:45am	Duloch

Afternoon		
Junior Tennis	12:00pm - 1:00pm	Duloch
Evening		